

What a Shame

People don't know when they're buying and eating Pacific NW Native caught salmon

Theresa Henderson - Its one of those sad, but true stories . . .

Pacific Northwest Native caught salmon are both beautiful and delectable, worthy of fetching high prices and being served in the finest of restaurants. These fish are ocean travelers, fresh and full of healthy nutrients.

Unfortunately, tribal fishers suffer from a lack of a solid marketing strategy. Fish buyers and canneries are paying well below what they did 30 years ago, likely the result of markets flooded by farm-raised Atlantic salmon, which are prone to disease and often detrimental to the marine environment. At one point during the 1990s, the dock price dropped to 30 cents per pound for fresh caught coho. Buyers disappeared, and fishermen looked for ways to give away their catches.

But there is hope . . . and safety in numbers.

Fishermen, representatives from tribal organizations, and even the federal government, are putting their heads together to come up with a solution. A Native Fishers Cooperative Workshop was held at Red Wind Casino on February 16 to discuss these issues. The title of this article was one of the opening remarks.

The key, most believe, is in a marketing strategy that teaches people the value of these prime delicacies, and to ensure the quality of fish delivered to high-end markets meets

and exceeds the highest standards. The means to gaining a more appropriate price are fourfold: **marketing, production, distribution and maintaining quality, high-grade product.**

The Columbia River Intertribal Fisheries Commission (<http://www.critfc.org>) and Cape Flattery Fishermen's Cooperative have established co-ops focused on quality over quantity. Trainings, funded through various government programs, teach fishers the importance of careful handling and chilling of catches.

Bristol Bay Economic Development Corporation (BBEDC) on its website (<http://bbedc.com/chilling.html>) states, *"With more fish buyers paying chilling bonuses for iced fish, BBEDC wants to make sure that all resident fishers have access to the tools they need to chill their salmon."*

BBEDC is making these tools available to their fishers (and federal programs could make these tools available here as well). "Insulated totes are most often used to hold ice, but



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Coast Salish Fashion Show at Sa-Heh-Wa-Mish Days

More photos and an article by Aleta Poste on pages 14-16





COMMUNITY



Squaxin Island TRIBAL NEWS

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Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

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some fishers use them as bleeding tanks or to keep fish cold. BBEDC totes are available in two sizes: the larger tote is approximately 44"x44" by 30" high and holds about 800 pounds of ice; the smaller totes are approximately 44"x24" by 30" high and hold about 400 pounds."

Slush bags should be used by all large vessels transporting salmon. "Slush ice bags, custom made of heavy duty vinyl to fit in your fish holds, hold a mix of ice and water. A brailer fits inside the slush bag and fish go in the brailer to be chilled by the cold water flowing through the mesh . . ."

BBEDC's Chilling Products Program has two additional options to help resident fishers chill their catch and improve fish quality. Flexible foam insulation is the easiest to access and is provided free to resident fishers. The foam sheeting is used to line fish holds to keep ice from melting and keep fish cold longer. The half-inch-thick foam comes in a 60-inch wide roll, doesn't absorb water and can be removed for cleaning. A limited number of vessel improvement grants are also available to help upgrade boats and skiffs in ways that will improve fish quality.

Speakers at the Native Fishers Cooperative Workshop echoed these ideas. Affirming representatives included those from Affiliated Tribes of Northwest Indians (ATNI), United States Department of Agriculture (USDA), Columbia River Inter Tribal Fish Commission (CRITFC), Cape Flattery Fishermen's Cooperative, and fishers from the Nisqually, Tulalip and Elwha Tribes (no Squaxin representatives). Programs are out there to support Pacific Northwest tribal fishers in planning and implementing marketing strategies for quality, high-grade salmon, along with production, distribution and maintenance of the markets.

The Co-op Model

Jason Roberts, Chairman of the Cape Flattery Fishermen's Cooperative in Neah Bay, said his coop consists of about 21 tribal and four non-tribal boats (tribal and non-tribal fishers can work together), producing 4 million pounds per year of salmon, cod, halibut and other saltwater products. They began operating eight years ago with start-up funds and an off-load facility provided by the Makah tribe. They now have a fish processing plant leased from the tribe that is expected to begin operations this year. The coop goes through 3 million pounds of ice per year to keep their product as fresh as possible. It has been successful enough to force the competition to their raise prices, Jason said. They have a board elected by the fishers, who function like a council. Under the board, there is a General Manager and a 12-20 person crew. Ten to twenty percent of their catch is sold to fresh markets and the rest to Pacific Coast Seafoods. The coop functions as a non-profit organization, with profits left over distributed back to fishermen in December. Focusing on quality over quantity, new fishers joining in face a one year probation period. After the probation period ends, they become eligible for loans of 10% of their gross annual sales. According to Jason, it took about 2-3 years to realize a positive cash flow.

Seafood co-ops pay fishers approximately 85% of dock price, sell the fish, then pay the fishers the remaining 15% of the dock price. After all bills have been paid, the remaining profits are distributed amongst the members in December. This method, co-op members say, helps keep prices competitive.

The Columbia River Fish Co-op approximates that 50% of their catch is sold "over the bank" and the remainder is processed elsewhere. The co-op ships directly from the processor to their buyers.

Government Incentives

Indian Incentive Program & the Buy Indian Act

The Indian Incentive Program (IIP) is a congressionally sponsored program operating through the Department of Defense, that provides a 5% rebate back to the prime contractor on the total amount subcontracted to an Indian-Owned Economic Enterprise or Indian Organization (<http://www.acq.osd.mil/osbp/programs/iip/index.htm>). Department of Defense (DoD) prime contractors, regardless of size of contract, are eligible for incentive payments." This means that large companies, such as Sysco Foods, have reason to buy products from Native Americans. ATNI's Rick Thomas is spearheading efforts to take full advantage of the Buy Indian Program through a carefully planned marketing strategies. Services to tribal fishers and tribal enterprises are available at no cost through Procurement Technical Assistance Centers (PTACs) providing expert services at little or no charge.



Continued on Next Page



COMMUNITY



NOAA Sea Grants

NOAA provides Sea Grants starting at \$800,000. that could potentially be applied to starting up a fish coop (<http://www.seagrant.noaa.gov>).

USDA

Funding is available for feasibility studies, working capital and guaranteed loans. According to USDA representatives, there are 29,000 co-ops in the U.S., producing a gross \$652 billion a year, \$152 billion in income, and 2.1 million jobs.

Commodity Foods Program

The USDA Commodity Foods program has a mandate to supply traditional native foods.

Intertribal Agriculture Council

American Indian Foods: The Intertribal Agriculture Council (IAC) promotes the "Made by American Indians" trademark as a means to successfully and clearly identify actual American Indian products from federally recognized Tribes. In January 1995 the United States Patent and Trademark Office finally approved the trademark. IAC currently has over 500 licensed trademark users. Producer as well as consumer interest continues to grow and offers improved marketing potential for all Indian producers through national and international exposure. The IAC's booklet on use of the "Made by American Indians" trademark offers an overview of the uses of the trademark as well as an application for its use. More information is available through the NW Agriculture Business Center (www.agbizcenter.org).

This organization (<http://indianaglink.com/americanfoods.html>) has funds available to send representatives to international trade shows, to provide assistance with bar codes, and to develop food packing stamps, such as branding a "Pacific Northwest Native Caught" label with an option to add each tribe's own logo (this is currently being coordinated by Norm Nault, former Island Enterprises Director, and current Executive Director for Consultants for Indian Progress).

Problems

Marketing. People don't know when they're buying and eating Pacific NW Native caught salmon. They don't understand the difference.

Runs size & timing. Runs differ from year to year, from tribe to tribe, in both size and timing. If there is not enough fish to fill the pipeline, trust will be lost.

Proper handling. In order to create and maintain an effective market, fish need to be carefully handled and chilled. Many tribal fishers lack adequate training and equipment.

Competition/Collaboration. Fishers are competitive, and don't want to work together. A co-op method requires a change of attitude to be able to work together cooperatively. Even fish commissions fight each other.

Distribution. Tribal fishers don't have time market their own catches, or to run fish to buyers and processing facilities.



Solutions

Solutions suggested at the Native Fishers Cooperative Workshop included:

"We want high-end markets, buying our high-grade fish, to move the prices up, and then expand to volume," a workshop attendee said.

Chinook, the prime salmon, make up .5% of the market. We need to target chinook to create high-end markets.

An intertribal co-op could better manage run sizes and timing, ensuring salmon are available for long periods of time, thus maintaining the market. If one tribe is having a bad year, another might be doing great. We need small solutions for times when run sizes are low and large facilities don't want to deal with small catches. But we also need solutions for processing massive amounts of fish when runs are good. Combining efforts benefits all, ensuring a steady supply by coordinating run times and sizes.

"I propose, not a co-op, necessarily, but a marketing association, something that creates a buying network," a fisher from Tulalip said.

The Swinomish Fish Company processes fish for other tribes at a significantly reduced rate. It can produce 11 tons of ice per day, with its \$140k ice machine. Tribal fishers can process fish through Swinomish and sell to their own casinos and restaurants. Currently, all tribal casinos and restaurants have buffets and serve seafood, but they don't serve their own fish.

The Muckleshoot Tribe has secured a contract with Safeway.

We need to establish a tribal sustainability certification program.

We need to brand "Pacific Northwest Native Caught" FDA approved and sustainability certified, with room for specific tribal logos. This branding should include the "Made by American Indians" trademark and should have a story to tell/sell. Everybody knows Copper River salmon. This is a good example of a successful marketing plan.

Pressure commissions to work together.

Provide tribal fishers with training on proper handling techniques and equipment.

Form a limited liability corporation, (LLC) that is independent from tribal governments.

Utilize government programs that are in place to assist us.

There are an estimated 16.5 million pounds of salmon being fished from Pacific Northwest waters along the coast to Alaska each year. With tribal fisheries guaranteed a 50% share, a hugely generalized estimate would put the tribal share at more than 8 million pounds per year.

Why not form co-ops of tribal fishers who sell through a coop of member tribes, who market, distribute and process through one (or more) central location(s) (possibly Swinomish)? We have all kinds of intertribal organizations. Why not this one? Lets join the big leagues and drive the market ourselves! "I foresee tribes running the show in the future," an ATNI representative said.

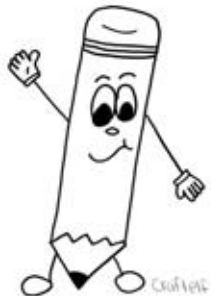


TU HA' BUTS LEARNING CENTER



Please Mark Your Calendars!

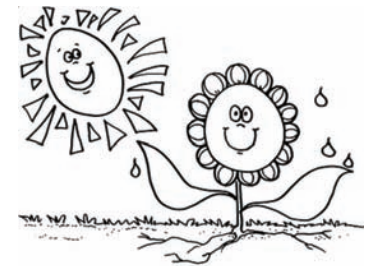
The 9th Grade Registration Night and Curriculum Fair is scheduled for Thursday, March 8th at OBJH. Doors will open at 5:00 p.m. to pick up registration materials. Please check in at the table designated for your child's current advisor. At 5:15 p.m., there will be a presentation in the Gym regarding 9th grade course offerings and SHS graduation requirements. Following the presentation, you will have an opportunity to visit our Curriculum Fair in the Commons and speak to teachers from each department.



If you have any questions, please contact:
Stacey Adams (8th Grade Counselor) at
426-7991 or sadams@sheltonschools.org.

Stacey Adams
8th Grade Counselor
(360) 426-7991 X15013
sadams@sheltonschools.org

Think Spring!



Squaxin YOUTH Education, Recreation and Activities Calendar

YOUTH Gym/Recreation hours: M-F: 3-7pm

Front Desk: 432-3958

All activities are drug, alcohol and tobacco free.

Rec Room: 432-3275

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Open Gym: 3-6 Rec Room: 3-6 Teen Room: 4-6 Crafts: 4:30-5:30	2 SSD ER 1.5 Open Gym: 3-6 Rec Room: 3-6 Teen Room: 4-6 Open Swim: 5-8
5 Open Gym: 3-6 Rec Room: 3-6 Open Swim: 3-6 Teen Room: 4-6	6 Open Gym: 3-6 Rec Room: 3-6 Teen Room: 4-6 Crafts: 4:30-5:30	7 GSD ER Open Gym: 3-6 Rec Room: 3-6 Open Swim: 3-6 Teen Room: 4-6	8 Open Gym: 3-6 Rec Room: 3-6 Teen Room: 4-6 Crafts: 4:30-5:30	9 SSD No School Open Gym: 3-6 Rec Room: 3-6 Teen Room: 4-6 Open Swim: 5-8
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26 Open Gym: 3-6 Rec Room: 3-6 Open Swim: 3-6 Teen Room: 4-6	27 Open Gym: 3-6 Rec Room: 3-6 Teen Room: 4-6 Crafts: 4:30-5:30	28 GSD ER Open Gym: 3-6 Rec Room: 3-6 Open Swim: 3-6 Teen Room: 4-6	29 Open Gym: 3-6 Rec Room: 3-6 Teen Room: 4-6 Crafts: 4:30-5:30	30 SSD ER 3.0 Open Gym: 3-6 Rec Room: 3-6 Teen Room: 4-6 Open Swim: 5-8
After school snacks: M-F 4-4:45pm Computer Lab: M-Th 3-6, F 3-5pm Sylvan: M-Th 4:30-7:30pm Homework Help, GED Prep: T-TH 4-7pm		Key ER = early release SSD = Shelton School District GSD = Griffin School District TLA = Tu Ha'Buts Learning Academy		REMINDER TLC hours: M-F 8:30am-5pm Tutors are available everyday afterschool, 3:30-5:00pm.



After School Homework Help

Do you need help with your homework after school or just want to brush up on your skills? Help is available Tuesday, Wednesday and Thursday 4:00 to 7:00 p.m. in the TLC classroom.

Sylvan Corner

These students have achieved perfect attendance for the month of January: Talon Beattie, Grace Brown, Trinity Byrd, Tiana Henry, Cleveland Johnson, Lynzy Petty, Kiana Henry, Kiona Krise, Jordan Lopeman-Johns, Kayden Palmas, and Emily Whitener. You guys are AWESOME, keep up the great work!!

These students only missed perfect attendance by one session: Alonzo Grant, Malia Henry, Shawn Lincoln-Sigo, Billie Marie Lopeman-Johns, Eva Rodriguez, and Fern Rodriguez.

KEEP UP THE EXCELLENT WORK GUYS & GALS

GED Instruction and Testing Assistance:

GED instruction & testing assistance is available in TLC on Tuesday, Wednesday, and Thursday 4:00 to 7:00 p.m. in the TLC classroom. Ask for Jaimie.

Higher Education:

If you, or someone you know, are interested in going to college, please contact Lisa Evans in TLC for the Squaxin Island Higher Education application and for college information. Lisa can be reached in TLC at 432-3882 or by email at levans@squaxin.us.

ALL STUDENTS (new and returning) interested in Higher Education, please be aware that the due date for the 2012/13 FAFSA is Friday March 2, 2012. You can complete your 2012/13 FAFSA online after January 1, 2012. The free website is www.FAFSA.ed.gov

Spring Quarter

Spring quarter is right around the corner. Please turn in your paperwork for spring quarter no later than Monday, March 19, 2012. The information needed is, Memorandum of Commitment, spring class schedule, and receipts from winter quarter, if you have not already turned them in. If you have questions or need assistance, please contact Lisa Evans in TLC at 432-3882 or levans@squaxin.us.

Grays Harbor Reservation Based AA Degree Bridge Program

The Grays Harbor College Bridge Program is designed to serve students with less than 90 college credits who are place-bound students and deeply connected to their tribal communities. It prepares students for success in the Evergreen State College Reservation Community Determined (RBCD) program or any upper division college program. It operates in tribal communities, and is implemented in partnership with The Evergreen State College in cooperation with WashingtonOnline, Washington Tribes and Washington community and technical colleges.

The classes for this program are provided online with partnering colleges, including those of cultural relevance and those compatible with Evergreens philosophy. There are weekly class meetings at each site, with a study leader to help students succeed. Students also attend Saturday classes at the Longhouse on the Evergreen campus, and participate in seminars with Reservation Based Community Determined students through an integrated studies class, providing a bridge to the RBCD program.

If you are interested or would like more information on this program, contact Lisa Evans in the Tu Ha' Buts Learning Center at (360) 432-3882 or by email at levans@squaxin.us.

Available Scholarships:

Please contact Lisa Evans if you are interested in available scholarships to help with your Higher Education endeavors. Currently there is a booklet available with approximately 75 different scholarships for Native Americans students. Please come into TLC to pick up the booklet as it is too heavy to mail out. I can email the booklet to interested parties with a working email address.

Teen Center

(Mary Johns Room)

Open House

March 9

5-7 PM

Check out the room

Have Pizza



9th Grade Registration Night and Curriculum Fair

Students Transitioning into Shelton High School

The 9th Grade Registration Night and Curriculum Fair is scheduled for Thursday, March 8th at OBJH. Doors will open at 5:00 p.m. to pick up registration materials. Please check in at the table designated for your child's current advisor. At 5:15 p.m., there will be a presentation in the Gym regarding 9th Grade course offerings and SHS Graduation Requirements. Following the presentation, you will have an opportunity to visit our Curriculum Fair in the Commons and speak to teachers from each department.

If you have any questions, please contact Stacey Adams (8th Grade Counselor) at 426-7991 or sadams@sheltonschools.org.

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Semi-Annual Squaxin Island Beach Cleanup

March 8th

9:00 a.m. at Arcadia boat launch

Free Lunch!



Free Lunch!



Youth Rec Center News

Gordan James - March brings warmer weather and a change of seasons, and the youth activities program changes along with it. Basketball season ends and we look forward to getting out the baseball equipment, playing games outdoors and enjoying the sunshine of spring.

As I write this for the March edition of the Klah-Che-Min, the kids and coaches are preparing for the Skokomish youth basketball tournament, February 17-20th. I'll let you know how they do in the April edition. This tournament should wrap up basketball season for the kids, so I want to take a few moments to thank the kids who came to practice every week and put in the work to improve their skills. Thanks also to our coaches this year, Jay Hood and Bo Tinaza, for the many ways they taught about basketball, and also for the many lessons they taught about self-discipline and good sportsmanship.

As baseball season is approaching, we'll be looking for a coach to work with youth on building their baseball skills. If you or someone you know might be interested in coaching youth baseball, please let us know and we'll follow up with them. If you have other skills that you would like to teach to youth, we would love to hear from you as well. The youth activity program looks for ways to support youth being well-rounded learners.

The Mary Johns Room is evolving as a space for teens. We want to create an environment that is inviting, while offering a place for teens to get help with homework, work on craft projects, socialize, play games, attend workshops, and more. We continue seeking input from teens about what they would like to see with the space. We are planning an open house for Friday, March 9th, from 5-7pm, and we invite the community to come check out the space, share your input with us, and enjoy some pizza.

Volunteers are always welcomed for our after school youth activities program. There are a lot of different ways that volunteers can be a big part of supporting Squaxin youth activities - as craft teachers, tutors, aunties, uncles, grandmas, grandpas, mentors, coaches, cheerleaders, and much more. As always, safety of our children is a top priority so all volunteers working with the kids are expected to pass a thorough background check and drug test. We understand that some people may view this differently - as an invasion of privacy - but if your children are a part of this program, we are determined to take reasonable precautions to assure that the people working with your children are safe to be working with your children.

Another way you can support the youth activities program - we are always open to donations. If you aren't available to volunteer your time, the kids would enjoy any board games, Wii games, books, craft supplies or DVDs that you may not be using. Up to date reference books are always useful (dictionaries, encyclopedias, history books, etc.) Of course, we ask that any donations be age appropriate, so rated G, PG, non-violent stuff. There is always a lot of activity going on in the after school program. Please drop by and see what your children are up to.

During March, we'll also start planning for two major youth events - the 2012 Spring Break, April 2-6th, and the 2012 Squaxin Island Easter Egg Hunt - Saturday, April 7th. We'll get a lot more information out as those dates get closer.



Couples and Family Counseling offered through BHOP

Alicia No'oy, MS, LMHC

Behavioral Health Outpatient Programs is now offering more counseling services for families. We are providing more Couples and Family Therapy as well as individual counseling for kids of all ages.

Couples and Family counseling can help provide a place for us to get support and retool. However, counseling often has a lot of stigma to it which prevents many from using this valuable resource. Some of this stigma comes from the myth that there has to be something "wrong" with you if you are going to counseling when in fact we can all benefit from some support and an outside perspective. Some have had negative experiences with counselors in the past that have tried to tell them what to do or have made them feel disrespected.

Couples and Family Counseling should be a safe environment for you to explore and address conflict as well as enrich your relationship(s). This starts with acknowledging the strengths that already exist in the relationship or family and then build upon those strengths to help you work through growth areas of your relationship.

If you think you or your family may benefit from Couples or Family Therapy but are still unsure, it may help to know a little more about my approach to counseling:

- I assume that you are the expert on your life and the life of your children.
- I do not see you or your children as 'broken' or in need of being 'fixed'
- I believe more in listening than in giving advice
- I want to work with you in partnership, as a team
- I acknowledge that the difficulties which families experience exist within a socio-economic and political context
- Challenges in parenting arise because parenting is challenging
- I assume that you are a good parent and you love your children
- I believe that sometimes people need set aside time and space to connect with what they know.
- I believe change and growth is always possible

A good first step might be a parenting or relationship building workshop. I will be offering Parenting Workshops this spring at the TLC. Building Strong Families crafting workshops are being offered weekly from now through September in the community kitchen on Thursdays from 3 p.m. - 5 p.m.

To access services at BHOP, just give us a call at (306) 426-1582 or stop by to set up an appointment.



"Look! I'm willing to compromise, but I just can't vacation in Florida!"



Free Tax Preparation Site (BASIC RETURNS)

Administration Building – 1st Floor
February 6 – April 13, 2012
By appointment only

MAKE TAX TIME CASH TIME

The Squaxin Island Tribe – Office of Housing will be sponsoring a FREE TAX PREPARATION SITE for the 2011 tax year. The site will be open to the public and operating evenings from February 6 to April 13, 2012. Don't pay high or unnecessary fees to a commercial taxpayer! Use your local free tax prep site. **THINK OF THE MONEY YOU WILL SAVE!!!**

Call Lisa @ 432-3871
to schedule an appointment

Documents to Bring to your Tax Appointment

If you plan to use a preparer to help you file a return and claim the EITC, you should bring certain documents to prove your income, deductions/credits, dependents, etc.

These documents include:

- Valid driver's license or photo identification (Self & spouse, if applicable)
- Social Security cards for all persons listed on the return
- Dates of birth for all persons listed on the return
- All income statements: Forms W-2 and 1099, Social Security, Unemployment, or other benefits statements, records of income and expenses from a business you own and any documents showing taxes withheld
- Dependent child care information: payee's name, address and SSN or tax ID#
- Proof of account at financial institution for direct debit or deposit (i.e. cancelled/ voided check or bank statement)
- Prior year tax return (if available)
- Any other pertinent documents or papers

Your Return Preparer, whether paid or volunteer, is required to ask you multiple questions to determine your correct income, expenses, deductions, and credits. Your Return Preparer has your best interests in mind and wants to help you avoid penalties, interest, or additional taxes that could result from later IRS contacts.

You are responsible for what is on your tax return. Being ready, with the right documents to prepare your return, will save you time and reduce the chance of mistakes.

Solid Waste and Recycling Program

What's the big deal with backyard burning? It's toxic.

As few as two household burn barrels can emit as much of the same dangerous toxins as an incinerator facility that serves 20,000 households!

An incinerator burns at a high temperature, destroying many of the dangerous chemicals that affect plant and animal (including human) life. Also, those incinerators are built to capture most of the remaining toxins.

Backyard burning of plastics, styrofoam, chemicals, and even paper products and yard debris, will emit a wide range of toxins directly into the air we breathe, settling onto the ground our children and animals walk on. Many of the toxins will enter our body and never go away, causing effects that range from breathing challenges to cancer. The first line of defense against toxin emissions is to avoid burning garbage.

Safety note: When burning for ceremonial or recreational purposes, keep fires at least 25 feet from buildings and put them out as soon as you are finished.

Questions or comments can be directed to Sheena Kaas, Solid Waste and Recycling Program Manager skaas@squaxin.us or 432-3907.



RARE

The Office of Housing is sending out a reminder that RARE (Rez Animal Resource Education) is still taking application for altering your pets. Your pet can be altered at either the Steamboat or Shelton vet by submitting an application to Housing Enforcement. The program will pay for the procedure and one (1) shot for your animal. You will be required to only pay a \$5 copay and any other procedure that you might desire for your pet.

To submit your application, you can either call Amy Loudermilk at 253-370-6392 or go to the Office of Housing and see Jim Reinhold and fill out an application. Jim can also be reached at 432-3953.



DCD staff, courtesy of Dorinda Thein



TOURISM & PADDLE TO SQUAXIN 2012



Leslie Johnson Appointed to National Scenic Byway Foundation Board

Leslie,
Congratulations! You have been elected to a two-year term on the National Scenic Byway Foundation Board. We very much appreciate your willingness to serve in these important times for byways.

Our next Board conference call is this Thursday, March 1, 2012, 9:00 am Pacific, 10:00 Mountain, 11:00 Central and Noon Eastern time. I'll be sending out the agenda, minutes of the previous meeting, and a roster of all of the Board members prior to the meeting. Hopefully today!

We look forward to working with you on the Board.

Deb Divine
Co-Executive Director
National Scenic Byway Foundation



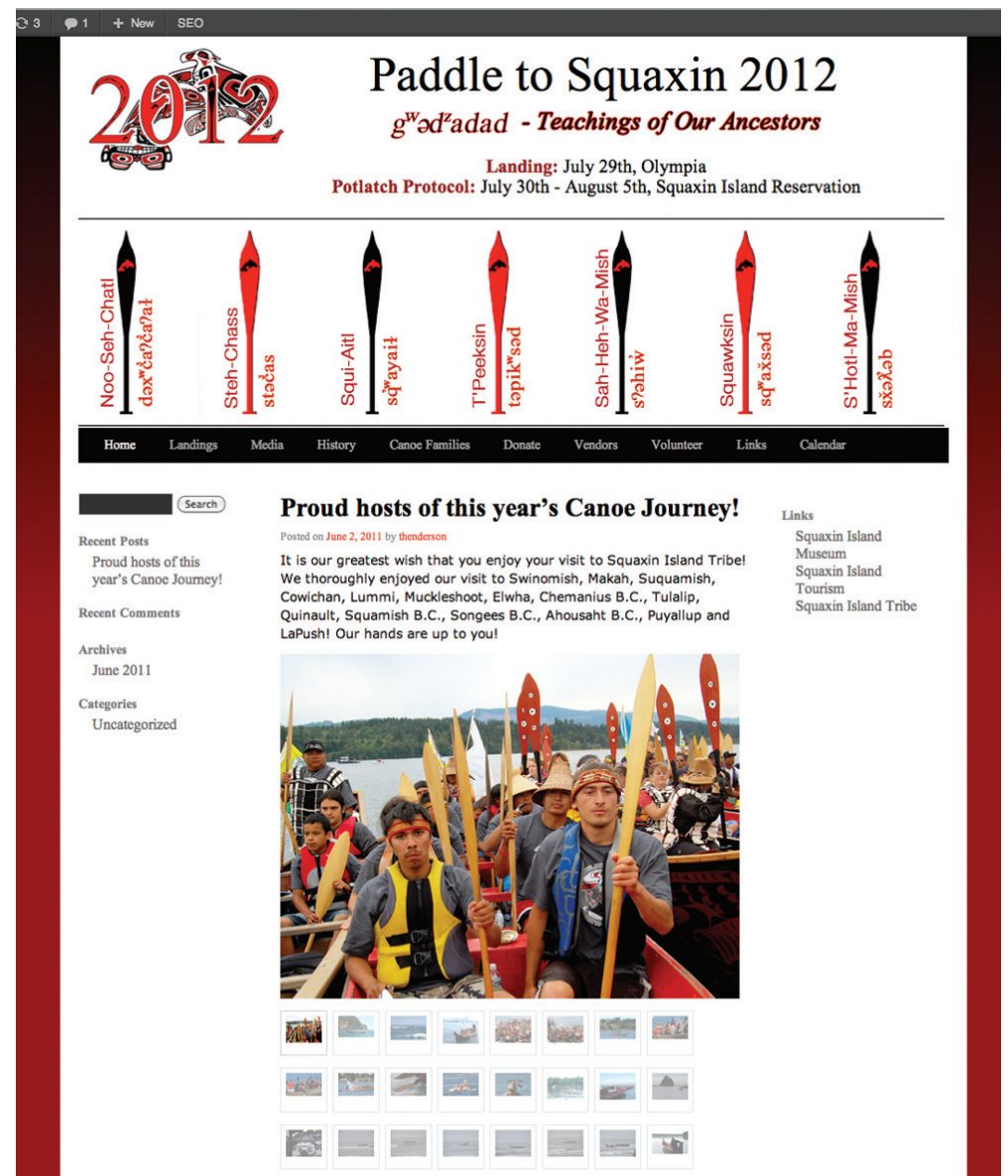
Tourism Booth at ATNI



Website is Launched

The official website, www.paddletosquaxin2012.org, has been launched and is able to accept registrations for Canoe Families, vendors and volunteers, as well as the ability to accept payment by credit card for sponsorships, donations and vendor fees. Draft maps include the landing site, protocol areas, camping, and routes. Concerns or suggestions can be submitted to Theresa Henderson at 432-3945 or thenderson@squaxin.us.

As of February 23, registrations include 31 volunteers, seven canoes with 200 travelers, and 25 vendors.





New Employee



Gene Cooper
*Executive Support Staff
Trainee*

Hey, I'm Gene Cooper, Arnold Cooper's son, LOL. I love working with Brooks and he is happy that he has my help. Its very fun working here with him. Well, I won't give up this job. Its fun and I'm getting back on my feet, starting a new life, LOL. Still working on finishing my G.E.D. Well, thank you, everyone, for your comments, seeing my work hard, and saying, "Welcome aboard" to me. I'm happy where I'm at.



Stephanie's Book Recommendation:

The Art of The Start, by Guy Kawasaki
The Time-Tested, Battle-Hardened
Guide for Anyone Starting Anything

Why I recommend it: At 215 pages long, The Art of The Start is an easy read. Borrowed from the book's inside jacket cover: 'A new product, a new service, a new company, a new organization, a new anything-where there's a will, here's the way.' –This pretty much sums it up!

The business center has several copies of this book on hand in our library. Stop by and see us and check one out... you won't be disappointed!



Shaker Church Ministers Rose and Mike Davis

Available for prayer, services
and special requests
360-877-2929
360-529-1115



New Orientations

Mondays from noon to 1:00 p.m.

February 6 & 27

Olympia

Call 704-3375, ext. 2



Business Center Update

By Stephanie James (Gott) The TaQwoMa Business Center staff volunteered and participated in the 2012 ATNI Winter Convention hosted by our very own Squaxin Island Tribe and held at the Little Creek Casino Resort. Sunday the 12th kicked off the Convention with pre-registrations and event "bag-stuffing". ATNI which stands for Affiliated Tribes of the Northwest Indians provided an agenda rich in current native issues, as well as breakout sessions specific to certain areas of interest (ex: Housing, Education, TANE, Natural Resources, Economic Development and many more). As volunteers, the business center staff assisted in registration check-ins, silent auctions, work room assistance and anything else we could do to help the convention run smoothly. I can only speak for myself, but it was a blast! So many people and lots of diversity make events like this extra fun (plus they fed us and that's always a bonus!).

I am currently writing the next business spotlight article, however here is a little preview:

Upcoming Business Spotlight: Jennifer Johns

How well do you know Jennifer? Here's a little trivia (just to get things started!):

- 1.) Jennifer works full time at _____?
 - *Squaxin Island Tribal Center
 - *Little Creek Casino Resort
 - *Island Enterprises, Inc
- 2.) Jennifer is talented in this area and enjoys doing _____?
 - *Sudoku
 - *Art
 - *Bowling
- 3.) Jennifer is a certified _____?
 - *Mechanic
 - *Geoduck Diver
 - *Cosmetologist

If you answered: Island Enterprises, Inc, Art, and Geoduck Diver, you could blend in well at the Johns household! Stay tuned for more on Jennifer Johns.

Quote of the Month:

"All humans are entrepreneurs not because they should start companies but because the will to create is encoded in human DNA."—Reid Hoffman, Co-Founder and Chairman of LinkedIn and Author of 'The Start-Up of YOU.'



Rabies Vaccinations Now Required Statewide

With the start of the New Year comes a new state rule to protect the health of Washington residents.

As of January 1, 2012, pet owners are required to make sure their dogs, cats, and ferrets have up-to-date rabies vaccinations. Many local jurisdictions already require pet vaccinations. Preventing the spread of rabies in animals is the best way to protect people from the deadly virus.

The rule, based on national guidelines developed by medical and veterinary experts, puts the state in line with the rest of the country. Until recently, Washington was one of just ten states in the U.S. that did not require rabies vaccination for pets.

Rabies is a deadly virus that affects animals and people. Hundreds of people in Washington need rabies treatment each year because they are exposed to potentially rabid animals. Without the shots, rabies is a fatal disease. Controlling rabies in domestic animals can reduce that number.

Bats are the only animals that carry the virus in Washington, but pets often come into contact with bats and can be exposed to the virus. Any mammal, even an indoor pet, can get rabies. Rabid bats found in and around homes are reported and tested every year, and positive cases have been confirmed in nearly every county in the state.

The last human case of rabies in Washington was in 1997 and the last reported animal case, other than a bat, was in 2002. People have been exposed to rabies as recently as December 2011, when a person and an unvaccinated cat were both exposed to a rabid bat in their home.

Vaccinating pets is the best way to protect people in our state from this deadly virus. For more information, visit the Washington State Department of Health rabies rule website.

The Squaxin Island Tribe has a program that allows each pet to be vaccinated for Rabies (RARE). The program allows 1 shot per year and can be obtained through Housing Enforcement at 432-3953.



Office of Housing, Department of Community Development

Attention Housing Applicants

REMINDER - If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. The updated application will be mailed to the last known address that the Office of Housing has on file for you. If you have recently moved or have a change of address, please call Juana Perry, Occupancy Specialist, at (360) 432-3863. If you do not update your application by March 31, 2012, your name will be removed from the housing waiting list.

Attention Tribal Elders!

Office of Housing has an elders' duplex coming available. If you are interested there are applications available at the Office of Housing located in the Tribal Center or contact Juana Perry, Occupancy Specialist at (360) 432-3863.



Contract Health Service is Here to Help!

Once in a while we all need a little reminder. This reminder could help save you time and most importantly, money! When you go to hospital, doctors office visit, lab or x-ray outside of our clinic, get a purchase order.

If you are Contract Health Services (CHS) eligible and receive a statement from any hospital, doctor's office visit, lab or x-ray bring it in for CHS to look at prior to paying it. There may be instances where you are responsible to pay a statement but, it's better to have them checked first.

We would like to remind our Tribal members of the guidelines for Emergency Room visits. Because CHS does have limited funding, it is required that you use the Squaxin Island Health Clinic whenever possible. If the Clinic is closed, both Shelton Family Medicine (426-2653) in Shelton and Group Health Urgent Care (923-5565) in Olympia have extended business hours. Shelton Family Medicine is open Monday through Thursday from 8:00 a.m. until 8:00 p.m.; Fridays from 8:00 a.m. until 5:00 p.m. and Saturday from 8:30 a.m. until 5:00 p.m. Group Health Urgent Care is open Monday through Friday from 8:00 a.m. until 8:00 p.m. and Saturday and Sunday from 9:00 a.m. until 7:00 p.m. Either of these offices can advise you on how to handle a medical problem. The care you receive at these clinics must fit the priority levels at which CHS is currently operating or you will be responsible for the bill.

Below are some situations in which you might need to go to a Clinic or Emergency Room. Please note that this is not a complete list, and is only meant to provide you with a few examples.

GO TO A CLINIC:

- * Earache
- * Cough
- * Ingrown Finger/Toenail
- * Bronchitis
- * Minor Cuts & Burns
- * Headache
- * Colds

EMERGENCY ROOM:

- * Amputation
- * Heart Attack
- * Profuse Bleeding
- * Coughing & Vomiting Blood
- * Sexual Assault
- * Acute Asthma Attack

If you ever have any questions or are not sure whether to get a purchase order or not, call or stop in to see Cheryl at the clinic. The number for CHS is 360-432-3922.



HEALTH CLINIC / FAMILY SERVICES



Foot Exam Morning was Feb. 3

Thank you, Mike Davis, Rose Davis, Paula Henry, and others for having your feet checked by Dr. Molina Kochhar, Podiatrist. If you have diabetes, make a habit of taking off your shoes & socks for all visits at our clinic so Tiff or other providers can check your feet each time you come to the clinic.

Foot Care Tips for People with Diabetes:

1. **Look at your feet every day for red or black spots, ingrown toenails, cracking, dry skin, sores, blisters, or cuts.** See your doctor right away for any of these problems.
2. **Keep your skin soft & smooth.** Rub a thin coat of skin lotion over the tops and bottoms of your feet, but NOT between your toes.
3. **Wear shoes & socks at all times.** Never walk bare-foot. Wear comfortable shoes that fit well & protect your feet. Feel inside your shoes before putting them on each time to make sure the lining is smooth & there are no objects inside. Wear socks that do not leave an impression on your legs. Consider cutting a slit at the top of your sock to ease up the elastic.
4. **Keep your blood sugars in line.**

General guidelines:

- (check with your doctor for guidelines for you)
- Fasting (or first thing in the morning): 80-110
 - Two hours after a meal: 80-140
 - Bedtime: 100-140
 - Hemoglobin A1C: under 7 %

These tips can help you to make your feet last a lifetime. Most amputations are preventable by taking quick action if any problems occur. If you have diabetes & are due for your annual exam with Dr. Kochhar, contact Patty Suskin at (360) 432-3929.

FREE BLOOD PRESSURE SCREENING 2012

The First Thursday of each month



Blood Pressure checked by your friendly neighborhood firefighters

Where: Elder's building
When: 11:45am - 12:45 pm.
Everyone is welcome!

March Menu

Thurs., 1	Chicken Alfredo		
Mon. 5	Hamburger	Mon. 19	Shrimp & Fried Rice
Tues. 6	Soup & Sandwiches	Tues. 20	Soup & Sandwiches
Wed. 7	Chicken Casserole	Wed. 21	Beef Stew
Thurs. 8	Sweet & Sour Pork	Thurs. 22	Mac & Cheese
Mon. 12	Turkey Sandwiches	Mon. 26	BBQ Ribs
Tues. 13	Soup & Sandwiches	Tues. 27	Soup & Sandwiches
Wed. 14	Pork Roast	Wed. 28	Spaghetti
Thurs. 15	Corn Beef & Cabbage	Thurs. 29	Chalupas

Babies are Born to be Breastfed

Benefits for Baby: Mother's milk protects babies from ear infections, diarrhea, colds and flu. Mother's milk may protect babies from obesity and so reduce their risk of type 2 diabetes. • Mother's milk is easily digested. • Mother's milk is the perfect food for premature babies.

Benefits for Mom: Breastfeeding shortens the uterus and helps stop bleeding after birth. • Breastfeeding means less risk of breast and ovarian cancers for moms. • Moms may return to their pre-pregnancy weight quicker. • Breastfeeding helps a mother and her baby bond.

Benefits for Community: Breastfeeding saves natural resources and keeps our environment clean. • Breastfeeding means lower health care dollars will be spent on illness. • Breastfeeding will reduce time lost from work and school because of sickness. • Breastfeeding honors our values, heritage and traditions.

Benefits for the Future: Breastfeeding may mean fewer weight problems and less diabetes for the next generation. • Breastfeeding means stronger and wiser leaders for the challenges of the future. • Breastfeeding is a message of hope for our tomorrow.

Breastfeeding is a lot easier than the hassle of fixing bottles, cleaning & sterilizing them. I have more time to spend with my kids since their food is ready anytime.

— Chasity Maxoner, with Julian

As a Cultural Native American, I chose to breastfeed my children. We have for generations.

— Lea Krise

Breastfeeding is a great way to bond with my daughter and it's wonderful for her immune system & growth!

— Annie-Beth Henry, with Bailey

The SPIPA Women, Infants, and Children's Program serves Sheswater Bay, Squaxin Island, Chehalis, Skokomish, Wapato, and Jonestown D'Nealian Tribes



Benefits of Stretching

By Dr. George Blevins, DC - Stretching can be a key part of your exercise regimen. Stretching may increase flexibility and improve the range of motion of your joints. Keep stretching gentle. Don't bounce. If you feel pain, you've stretched too far. Hold a stretch for about 30 seconds, then switch sides and repeat. If you have a problem area or the stretch is particularly helpful for pain or discomfort, you may benefit from repeating the stretch. If you have any health conditions or injuries, talk to your doctor about which stretches are right for you.

- **Increased flexibility and joint range of motion**

Flexible muscles can improve your daily activities; such as lifting packages, bending to tie your shoes or hurrying to catch a bus become easier and less tiring. Unfortunately flexibility tends to diminish as you get older, but you can regain and maintain it.

- **Improved circulation**

Stretching increases blood flow to your muscles which brings nourishment to the muscles. Improved circulation can help shorten your recovery time if you've had any muscle injuries.

- **Better posture**

Daily stretching can help keep your muscles from getting tight, allowing you to maintain proper posture. Good posture can minimize discomfort and keep aches and pains at a minimum.

- **Stress relief**

Stretching can help to eliminate stress.

- **Enhanced coordination**

Maintaining the full range-of-motion through your joints keeps you in better balance. Coordination and balance will help keep you mobile and help prevent injury from falls, especially as you get older.



Tribal Diabetes Coordinators Met at Cowlitz New Health Clinic on Jan. 9th

Left to Right: Maggie Miller, Cowlitz; Candace Gruginski, Shoalwater Bay; Patty Suskin, Squaxin Island; Jessica Small, (new) Skokomish; Pat Odiorne, Chehalis. We enjoyed a tour of the beautiful new clinic at Cowlitz. We plan to meet again in April. Meetings are helpful to all as we share challenges & successes to best serve the people with diabetes in our communities.

Join Us for the Second Annual March to Prevention Conference For Tribal and Community Members

March 31st Saturday 10:00 AM TO 3:00 PM

At the Chehalis Tribal Community Center

Registration begins at 9:00 am

Learn important cancer prevention strategies from the Seven Tribes of the SPIPA Colon Health Program. The focus of the conference will be colon cancer prevention. There will be interactive workshops and excellent speakers. Participants will be given a passport at registration and stickers for your passport will be given at each break out event. At the end of the day all completed passports will be put in a drawing for a chance to win a Blue Ray DVD player and a sweatshirt will be given to those who have collected a sticker on their passport for each break out session.


Break out sessions will include:

- Robert Woodall PA-talk on colon cancer screening and how to access CHP services
- Gastroenterologist-discussion on colonoscopy procedures, what to expect and interpreting results
- Zumba
- Giant Colon informative walk
- Traditional Foods and Medicines, The Science in the Culture
- Healing Quilt
- Healthy Steps, Moving you to Better Health

A nutritious lunch is included

Please arrive early so that you do not miss getting your first passport sticker!

For further information or to RSVP call 360-462-3235



WIC
(Women, Infants, and Children)
provides healthy foods & nutrition information for you and your child up to age 5.

Please bring:
Your child, Provider One Card or paystub and Identification for you & your child

**Tuesday,
March 13th is
WIC DAY at
SPIPA**

**Call Debbie Gardipee-Reyes at
SPIPA 360 462-3227**



National Nutrition Month

During National Nutrition Month, Academy of Nutrition and Dietetics Offers Practical Ways to Enjoy Food While Eating Less Total Calories

Submitted by Patty Suskin, Registered Dietitian - Food is meant to be enjoyed. What you choose can be key to weight management and disease prevention. The Academy of Nutrition and Dietetics (formerly the American Dietetic Association) encourages everyone to "Get Your Plate in Shape."

One way to accomplish this is by eating the foods you enjoy while being mindful of portion sizes and total calories, says registered dietitian and Academy Spokesperson Marjorie Nolan.

Here are a few ideas to consider:

- **Be mindful of your daily calorie needs.** Find your personal daily calorie quota using USDA's website, Choose My Plate at <http://www.choosemyplate.gov>. Go to "create your profile" to get a personalized idea of amounts of foods to eat from each food group. Divide your plate in four sections with one each for whole grains, lean proteins, vegetables and fruits, and a side of dairy, such as a cup of low-fat milk or yogurt or an ounce of cheese.
- **Avoid oversized portions by using smaller plates, bowls and glasses.** The standard 10-inch plate may be too large for you. Consider switching to 8-inch or appetizer-sized plates and you will automatically portion and eat less without feeling deprived. Pile your plate with nutrient-dense, lower-calorie foods like vegetables, fruits, whole grains and lean protein foods like beans, seafood, lean meat and poultry.
- **Get into the kitchen and stay in charge of what you're eating.** Cooking more often at home not only allows you to balance what's on your plate, but also enables you to choose healthier fats, less sodium and increase the fiber in your diet while balancing the amount of calories you eat. When you eat out, you'll be more apt to recognize healthy portion sizes based on your experiences at home. Consider choosing lower calorie menu options when dining out by focusing on vegetables, fruits and whole grains. Ask for substitutions if needed.
- **Watch out for liquid calories.** The calories in fruit juices and drinks with added sugar, sports drinks, sugar-laden coffee beverages and soft drinks can add up fast. Also, think before you drink alcoholic beverages as they have calories too.
- **Log in.** Food logging can be a great tool for keeping track of the foods you eat and ensuring you stay in your calorie limit. By having awareness of everything you eat and drink, you'll be more apt to stick within your healthy calorie range. Write down what you're eating throughout the day so that it's not such a big task to tackle at one time in the day, or use the USDA's Super Tracker
- <https://www.choosemyplate.gov/SuperTracker/default.aspx> which helps plan, analyze and track your diet and physical activity. You'll likely eat less and savor your food more. As part of this public education campaign, the Academy's National Nutrition Month website www.eatright.org/nnm includes helpful tips, fun games, promotional tools and nutrition education resources, all designed to spread the message of good nutrition around the "Get Your Plate in Shape" theme.
- The Academy of Nutrition and Dietetics (formerly the American Dietetic Association) is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. Visit the Academy of Nutrition and Dietetics at www.eatright.org, which helps plan, analyze and track your diet and physical activity. You'll likely eat less and savor your food more.



Need food?

WIC @ SPIPA

Provides healthy foods and nutrition information for you and your child up to age 5
Please bring: your child, medical coupons or paystub & identification
Tuesday, March 13th, 9:00 - 4:00
Contact Debbie Gardipee-Reyes: 462-3227
Dates subject to change

USDA FOODS AT SPIPA

Contact Shirley or Bonita at 438-4216 or 438-4235
Call for the date
March 2nd from 10:00 a.m. - Noon
Applications available at Housing, Food Bank, NR and TANF

FOOD BANK

At Health Promotions Building
If you need access to the food bank at any time once a week, just stop by.
If possible, Wednesday is the best day.
If you would like to be on call list for fresh produce or bread, let me know.
Contact Melissa Grant: (360)432-3926

Upcoming events

Brief Community Walk

Every Thursday at 12:40 p.m.
Meet at Elder's Building after Lunch

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

Want a garden in your yard?

Are you low income?
Contact Juana Perry @ 432-3863
to get on the waiting list to have a garden placed in your yard – for FREE

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family & friends session

Health Promotions Programs

We have exercise videos in the building across from clinic
Work out alone, with us or schedule a time for a group

Our Nationally Recognized Lifestyle Balance Program

If you are ready to lose weight, we can provide support.
If you are Native American and over 18, see if you qualify to participate.

Mammogram Clinic

March 6th from 9 a.m. to 3 p.m.
@ the Health Clinic
Contact Elizabeth Heredia at 432-3930

Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929



SA-HEH-WA-MISH DAYS



Photos by Margaret Henry, Tom McCullough and Theresa Henderson





SA-HEH-WA-MISH DAYS



Photos by Margaret Henry, Tom McCullough and Theresa Henderson



Native Runway: Salish Style

February 15, 2012

By: Aleta Poste

The first of its kind. The "Native Runway: Salish Style" was introduced to the Affiliated Tribes of Northwest Indians on Wednesday February 15, 2012 at the Little Creek Casino Event Center. The runway showcased tribal artist and Squaxin tribal member's sense of style and fashion, as well as the famous "Squaxin Strut" down the catwalk.

The intent of this runway was to springboard the community into making regalia for the 2012 Canoe Journey, which Squaxin is hosting in July/Aug 2012. The models were asked to participate in making their clothing which meant late nights of sewing groups, weaving cedar headbands and belts, drawing designs, and making an array of jewelry. The outcome included dresses with beautiful blue, white and purple designs, some with the traditional red and black. Men vests with paddle designs by John Smith from Skokomish, handmade jewelry by Donny Hartwell, and a dentillium breastplate made by Tom McCullough.

Traditional regalia was accentuated with designs by local artists; Casey Krise, Jennifer Johns, John Smith, Jeremiah George, Tamika Green, Malynn Foster, Tom McCullough, Andrea Sigo, Ruth Whitener, and Deanna Hawks. Wool woven skirts were also made by Tamika Green and Jessica Cruz. Included in the runway were modern clothing such as sweatshirts, t-shirts and a cocktail dress with designs by Malynn Foster and Jennifer Johns.

A big thanks goes out to the seamstress's who helped make the dresses, vests and skirts; Dorinda Thein, Robin Smith, Ceecee, Charlene Krise, and Paula Henry. We would also like to thank the MLRC staff for all of the help with intensifying the looks with bor-

rowed items like the cedar hats, cedar headbands, the cedar cape and skirt, and all of the moccasins. To all of the models, what a great job and huge success you were. The show really inspired not only our community but other native communities in the Northwest via ATNI.

To the greatest emcee's out there (it's to be believed we have some of the funniest around) a special thanks to Mike Ogden and John Smith for really making the show light-hearted and fun.

Thank you to MLRC Staff: Leslie Johnson, Mandy McCullough, Tom McCullough, Jeremiah George, Charlene Krise, Ruth Whitener, Liz Yeaquo, Rachel Naranjo, Bob Koshiway, Donny Hartwell, Patrick Braese, Casey Krise, Donna Penn, Tamika Green, Jolene Grover, and Aleta Poste.

Keep an eye out for updates, we are looking to host another runway very soon.





SA-HEH-WA-MISH DAYS



Photos by Margaret Henry, Tom McCullough, Margaret Pickernell and Theresa Henderson

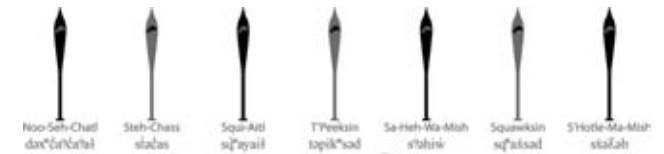


Coastal Jam Session





PADDLE TO SQUAXIN 2012



Paddle to Squaxin Island
gʷədʔadad - Teachings of Our Ancestors

Men and Women Elder Regalia

If you would like made-to-fit regalia to wear at tribal events and the Canoe Journey, please contact Robin Smith by telephone at 360-426-6644. There is no cost, only measurements and appreciation to the talented seamstresses are needed!

March 2012

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
								1		2		3	
												Canoe Journey Planning Meeting @ 12 at Muckleshoot	
4		5		6		7		8		9		10	
		-		Cultural Night 5pm @ Community Kitchen (Come sing, dance and make crafts for Journey)		Elders Craft Night @ Elders bldg from 4-6 (Craft TBD)		Craft Night @ Community Kitchen From 3-5		Canoe Family Meeting 2:00 @ the Museum			
11		12		13		14		15		16		17	
				Cultural Night 5pm @ Community Kitchen		Elders Craft Night @ Elders bldg from 4-6 (Craft TBD)		Craft Night @ Community Kitchen From 3-5		Canoe Family Meeting 2:00 @ the Museum			
18		19		20		21		22		23		24	
				Cultural Night 5pm @ Community Kitchen		Community Dinner @ Community Kitchen From 5-7 Please bring side dish		Craft Night @ Community Kitchen From 3-5		Canoe Family Meeting 2:00 @ the Museum			
25		26		27		28		29		30		31	
				Cultural Night 5pm @ Community Kitchen		Elders Craft Night @ Elders bldg from 4-6 (Craft TBD)		Craft Night @ Community Kitchen From 3-5		Canoe Family Meeting 2:00 @ the Museum			
				NOTES: For Questions please contact: Jeremiah George @ 360-432-3869 or Aleta Poste @ 360-791-1797 ALSO: Regalia, quillows & any sewing projects or crafts you may need help with for the Canoe Journey Week nights, M-F, 5-7 p.m. in the Elders building Dorinda Thein 360-790-9307									



Happy Birthday

Emma Valle	01	Marjorie Penn	09	Kenneth Green	17
Jennine Tamm	01	Joseph Rivera	10	Rachele Rioux	17
Sapphire Ward	01	Billy Yocash	10	Monte Morris	17
Christy Block	02	Terrah Jackson	10	Jaimie Henderson	17
Raven Roush-Lizotte	02	Walter Henry III	10	Thomas Blueback, Jr.	18
Chazmin Peters	03	Adrian Garcia	10	Jolene Peters	18
Daniel Snyder	03	Chenoa Peterson	11	Victoria Dennis-Horn	18
Arnold Cooper	03	Alexandrea Rivera	11	Winter White	18
Vincent Henry, Jr.	03	Susan Henry	11	Vicky Engel	19
Clayton Briggs	03	Cindy Ehler	12	Michael Bloomfield	19
Serena Phillips	03	Steven Lehman Jr.	12	Cherry Armstrong	19
Adolfo McFarlane	04	Sara Naranjo-Johns	13	Raymond Castro	19
Angela Lopeman	04	Chantel Peterson	14	Lachell Johns	20
Jamaal Byrd	05	Justin Kenyon	14	Jolene Tamm	20
Cedar Korndorfer	05	Lois Woodard	14	Nathaniel Bisson	20
Faith Pughe	05	Andrew Whitener	14	Doyle Foster	21
Evan Cooper	06	Brandon Blueback	15	Tayla Logan	21
David Seymour	07	Tashina Ackerman	15	Lorane Gamber	22
Cody Cooper	07	Nikki Farron	15	Evelyn Hall	23
Andrienne Baldwin	07	Adarius Coley	16	Gelacio Orozco	23
Stella Sicade	08	Rebecca Lezon-Ferreira	16	Ronin Edwards	23
Glen Parker	08	Sally Johns	16	Charlene Krise	23
Sheryl Wingfield	08	Anthony Johns	17	Nora Coxwell	23
Belinda Colberg	08	Robert James, Jr.	17	Taylor Krise	24
Michaela Johnson	09			John Whitener	24
				Joanna Fuller	24
				Shelby West	25
				Johnathan Seymour	25
				Jerad Lopeman - Fry	26
				Elsie Gamber	26
				Christina Shea	26
				James Coxwell	27
				Lucke Newell	27
				Kameron Weythman	27
				Jon Brownfield	28
				Brittany McFarlane	28
				Josephine Sabo	30
				Felicia Ellerbe	30
				Ronald Whitener	30
				Eric Ellerbe	30
				Matthew Pugel	30
				Benjamin Naranjo-Johns	30
				Christina Lopeman	31
				Stephen Henry	31

What's Happening

				1	2	3
				TANF Craft Class 3-5, C Kitchen AA Meeting 7:30		
4	5	6	7	8	9	10
		Drum Group 6:00 p.m.	Family Court	TANF Craft Class 3-5, C Kitchen Council Mtg. AA Meeting 7:30		
11	12	13	14	15	16	17
		Criminal/Civil Court Drum Group 6:00 p.m.		TANF Craft Class 3-5, C Kitchen AA Meeting 7:30		
18	19	20	21	22	23	24
		Drum Group 6:00 p.m.		TANF Craft Class 3-5, C Kitchen Council Mtg. AA Meeting 7:30		
25	26	27	28	29	30	31
		Criminal/Civil Court Drum Group 6:00 p.m.		TANF Craft Class 3-5, C Kitchen AA Meeting 7:30		





COMMUNITY



Happy Birthday Papa!



I Love you. You're a wonderful Papa!
Thank you for everything
you do for us!
Love always,
Your Grandson Treyson and Lena

Happy Birthday to Our Beautiful Daughters, Victoria and Rebecca



Love
Mom and Dad

Thank you!

I would like to say Thank You to the Tribal Council & Executive Services for the lovely retirement lunch and gifts. Your generosity overwhelmed me, and your words meant a lot to me.

To HR a big Thank You for the lovely flowers, and party you put together while I was out to lunch. It was beautiful and you made me feel so special.

Thank You , to Liz Yeahquo; my two lovely daughters, Rene' and Terri; Lynn& Mike Foster; BJ, Nora, and Julz; Rhonda Foster, Mitzie, Emma Jean; Vicki.

Thank You, Margaret and Gloria, two special ladies whom have touched my heart very deeply. I love you gals.

Thank You, Ruth Wilbur-Peterson for the special lady you are, and I'm so proud to have you as my friend. I Love You.

To all whom attended my Birthday & Retirement Party and those whom were unable to because of other commitments Thank You for all your card and kind words. I will always remember your kindness. Each and everyone of you are dear to my heart.

To my Loving husband, Thank You for the trip to Cabo's, I Love You so very much.



Enjoying the Jam Session



Best Pic EVER!



Love, Dorinda,
Daughter and Sister

Congrats Uncle




You are sharing and caring!
We Love You!
- Your Family

**Happy Belated Birthday
Gramma Ramona Mosier**
Love,
Samson Sr., Samson Jr.,
and Marlene

**Happy Belated Birthday
Aunt Barb!**
Love,
Samson Sr., Samson Jr.,
and Marlene

Happy 32nd to My Brother!
Love,
Samson Sr., Samson Jr.,
and Marlene



**2012
General Body
Meeting
May 5, 2012**

Little Creek Events Center
Sign in starts at 8:30 a.m.
Lunch will be served at noon

Elections will be held for:
Tribal Council Secretary
Tribal Council Treasurer

Per Tribal Council, the General Body Meeting
is for TRIBAL MEMBERS & SPOUSES ONLY.
Enrollment will be checked at the door.

For more information contact the tribal center at 360-426-9781

CONCERTS AT LITTLE CREEK



◆ **GLEN CAMPBELL**
Friday, March 2nd ♦ 8pm



◆ **LIVE CHAMPIONSHIP
BOXING** Hosted by Special
Guest **Sugar Ray Leonard**
Saturday, March 10th ♦ 7pm



◆ **CHRIS ISAAK**
Sunday, March 18th ♦ 7pm



◆ **CRYSTAL GAYLE
AND TANYA TUCKER**
Saturday, April 28th ♦ 8pm

LITTLE CREEK

CASINO • RESORT

www.little-creek.com

For ticket pricing and more information
visit the box office, online or call 360-432-7300.

Must be 21 or older. Call for Skyboxes.



Chairman David Lopeman
Squaxin Island Tribe
SE 70 Squaxin Lane
Shelton, WA 98584

Dear Chairman David Lopeman,

On behalf for the Washington Indian Gaming Association, I am pleased to present you with copies of the 2012 Community Investment Report. We hope you will share it within the tribal community and with local elected leaders in nearby communities.

This report was developed through WIGA's ongoing public education program to help tell the story that tribal gaming revenue is used to create jobs and business opportunities for all Washingtonians.

The report was designed to tell this story through original photography of current tribal projects and programs. We were also able to include the results of a new economic impact study that was made possible by data supplied by WIGA tribes to an independent researcher. This research showed that \$255 million in state and local taxes were generated by tribal economic activity, while tribes employed more than 27,000 Washingtonians.

The Community Investment Report is being distributed to 1,400 community, business, media and political leaders in Washington.

While the Community Investment Report highlights just a few of the programs tribal governments are undertaking to create jobs, improve infrastructure, expand opportunity and build communities across the state, it is our hope that these examples will provide insight into the Washington tribes' commitment towards furthering the lives of Indians and non-Indians alike.

If you would like to request more copies of the 2012 report, you can do so by contacting the Washington Indian Gaming Association at 360-352-3248. This report can also be viewed online at our new public education website, www.washingtontribes.org.

Sincerely,

W. Ron Allen

W. Ron Allen
Chairman, Washington Indian Gaming Association
Chairman, Jamestown S'Klallam Tribe

360-352-3248 | www.washingtonindiagaming.org | 1110 Capitol Way S. Suite 404, Olympia, WA 98501

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